

COUNTRYSIDE YMCA | LANDEN Studio Schedule February 2017

	Studio A			Studio B			Spirit Studio		
	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR
MONDAY				5:30-6:20A	Muscle Max	Anna			
	9:15-10:15A	Zumba	Tobi	9:15-10:05A	Cardio Mix	Carrie	9:15-10:30A	Yoga \$	Juli
				10:15-11:05A	Muscle Max	Carrie			
	6:00-6:30P	Kid Fit Ages 3-6	Libby	6:00-6:50P	Intervals	Jamie E.			
	7:00-7:45P	TRX \$	Erin	7:00-8:00P	Zumba	Jamie M.			
TUESDAY	9:30-10:15A	TRX \$	Erin	9:15-10:05A	Power Core	Carrie	9:15-10:30A	Hot Yoga \$	Christy
	10:30-11:30A	Barre Core \$	Jess				11:00-11:45A	Kindermusik	Cathy
	6:00-7:00P	Total Body Barre \$	Janelle	6:00-7:00P	Self Defense \$	Dr. Bobbert	12:00-12:45P	Kindermusik	Cathy
	7:05-8:05P	Tai Chi \$	Dr Bobbert	7:15-8:15P	Archery \$	Rick			
WEDNESDAY				5:30-6:20A	Boot Camp	Anna			
	9:15-10:00A	Cycle Spin \$	Rich	9:15-10:05A	Cardio Mix	Erin	9:15-10:15A	Warm Yoga 20 \$ 2nd/4th/5th of each month	Christy
				10:15-11:05A	Muscle Max	Erin			
	6:00-6:30P	Kid Fit Ages 3-6	Libby	6:00-6:50P	Muscle Max	Karen	9:30-11:30A	MOPS \$ 1st/3rd of each month	Jess
7:00-7:45P	Pound Fit \$	Karen	7:00-8:00P	Zumba	Jamie M.				
THURSDAY				5:30-6:20A	Muscle Max	Anna	9:15-10:30A	Hot Yoga \$	Deanna
	9:30-10:15A	TRX \$	Erin	9:15-10:05A	Muscle Max	Carrie	5:30-6:30P	Bible Study	Sherry
	6:00-7:00P	Hit Barre \$	Jen	6:00-6:50P	INSANTIY LIVE	Tim	7:30-8:45P	Bible Study 2/16	Billy/Jerry
FRIDAY				5:10-6:00A	Cardio Core	Jamie E.			
	9:15-10:15A	Zumba	Latasha	9:15-9:45A	Tabata	Carrie	9:15-10:30A	Warm Yoga \$	Karen
				9:45-10:10A	Abs & Glutes	Carrie			
	10:30-11:30A	HIT Barre \$	Jenn						
SATURDAY				8:00-8:50A	Muscle Max	Carrie			
	9:30-10:00A	Kid Fit Ages 3-6	Staff	9:15-10:05A	Muscle Max	Carrie			
	10:30-11:30A	Kids Cardio Club Ages 7-12	Staff	10:15-11:15A	Zumba	Tobi			
	11:30-12:00P			Zumba Toning	Tobi				